

## Let's Go Walking...


Here are a few useful tips to enjoy your walk and keep your heart healthy.

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about and gradually build up to the recommended 30 minutes walking a day.
- Drink a glass of water before and after your walk and, don't forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Remember, loose clothing is more comfortable and in winter, choose layers rather than thick, chunky clothes.
- Why not try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless....
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start.
- Stop if you experience unusual symptoms such as chest pain, dizziness or breathlessness, and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking...

## Slí na Sláinte

## Slí na Sláinte®

A regular programme of walking...

-  ... keeps your heart strong
-  ... improves muscle strength
-  ... helps to manage your weight
-  ... makes you feel good

**BUT, ABOVE ALL - WALKING IS FUN**

### PHYSICAL ACTIVITY

...reduces risk for several chronic diseases including heart disease, high blood pressure, osteoporosis, anxiety and depression.

For health benefits you need to walk at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over two or three shorter sessions.

#### Help to maintain Slí routes

Please report any dangerous obstacles or missing or damaged signs to:  
Carndonagh  
Community & Rural Development Group  
Malin Street, Carndonagh, Co Donegal  
Phone 074 9329969.

## Slí na Sláinte®

The Irish Heart Foundation.  
4 Clyde Road, Ballsbridge, Dublin 4.  
Tel: 01-668 5001 Fax: 01-668 5896  
e mail: [info@irishheart.ie](mailto:info@irishheart.ie) • [www.irishheart.ie](http://www.irishheart.ie) • Helpline: 1890 432 787

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The Irish Sports Council



IRISH HEART  
FOUNDATION



## Slí na Sláinte

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CARNDONAGH COMMUNITY, RURAL  
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PARTNERSHIP UNDER THE NATIONAL  
RURAL DEVELOPMENT PROGRAMME  
2007 - 2013

Carndonagh, Co. Donegal

# Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation - the national heart and stroke charity - it's the outgoing way to make walking far more enjoyable. Already, it's capturing the attention of young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun, healthy way for the average adult to accumulate the recommended 30 minutes of physical activity on most, or preferably all days of the week.

You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright, colourful signposts which are not numbered and are situated at 1 km intervals.



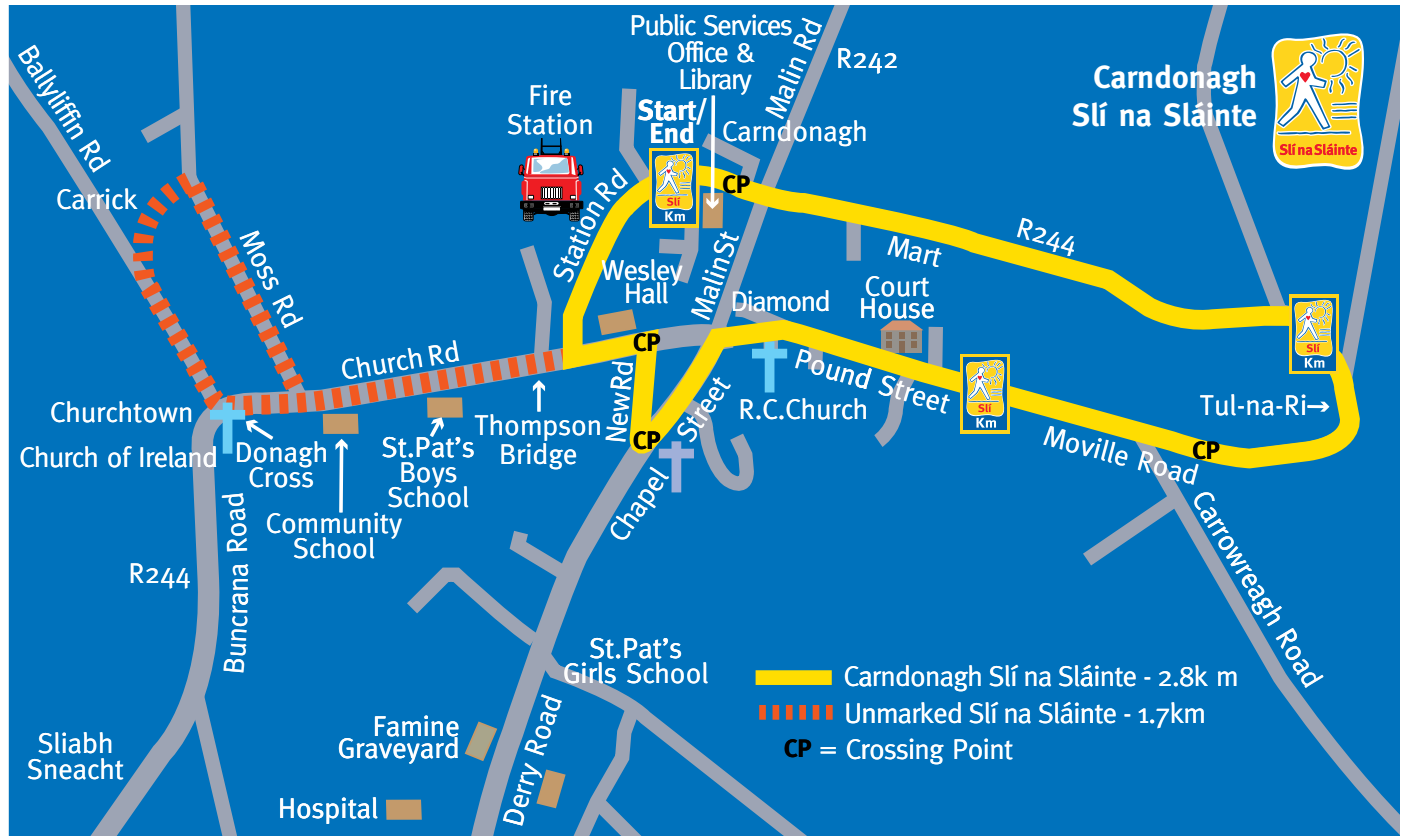
Simply follow the Km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

Route can be walked in both directions, can be started and ended at any point and is suitable for day and night

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## Carndonagh Sli Na Slainte Walk

Starting Point: Walk begins at Public Services Centre on Station Rd. Leaving starting point and crossing Malin St. at Crossing Point (CP) (close to roundabout), continue past shopping centre (on right), along open stretch of road, passing Inishowen Co-Op. Turn right at bridge which spans the Glenagannon River and right at Tul Na Ri restaurant/pub. Extra care must be taken at narrow bridge as there is no footpath. (CP) After narrow bridge, cross to

opposite side of road when it is safe to do so and continue into Town. Walk through the Diamond area (keep left) and turn left at junction of Chapel St. Walk downhill and cross the street at the graveyard entrance (CP) and turn right onto New Rd. (Colgan Hall will be on the left). (CP) At the junction with Bridge St., cross to opposite footpath and turn left. Turn right at junction of Station Rd., and return to Public Services Centre.



An Roinn Gnóthaí Pobail,  
Comhionannais agus Gaeltachta  
Department of Community, Equality  
and Gaeltacht Affairs



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